American Red Cross										
Parent and Child Aquatics Level B										
Instructor: and structor: S	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Water Adjustment										
Getting wet										
Water entry										
Exploring the pool										
Swimming on Front										
Front float										
Front glide										
Leg action										
Arm action										
Combined stroke on front										
Swimming on Back										
Back float										
Back glide										
Leg action										
Arm action										
Combined stroke on back										
Breath Control										
Blowing bubbles										
Underwater exploration										
Changing Directions										
Rolling back to front										
Rolling front to back										
Personal Safety										
Choosing a life jacket										
Using a life jacket										
Basic safety rules										
Water Exit										
Lifting out										
Using side of pool, steps or ramp										
Using a ladder										